

# HYGIENE CHECKLIST

## PREVENTION KIT:

In addition to the required equipment in your ringette bag, consider adding the following prevention kit:

- Personal protective mask
- Latex (or equivalent) disposable gloves
- Alcohol-based hand sanitizer containing at least 60% alcohol
- Tissue
- Personal water bottle labelled with first and last name
- Skate guards, plastic preferred
- Separate cloth bag for helmet and gloved after practice
- Practice jersey
- Practice pants

This HYGIENE CHECKLIST is a resource that can be used by all participants (coaches, players, officials, parents/guardians) regardless of the Return to Ringette Progression before, during and after a ringette activity.

Action	Prior to Activity	Prior to Arrival	At Activity	After Activity
All participants must adhere to public health authority guidelines	√	√	√	√
All participants must adhere to facility rules & guidelines				
<ul style="list-style-type: none"> <li>● Communicate with families to make sure they are aware of the spectator rules around physical distancing as well as on-ice protocol</li> </ul>	√	√	√	√
<ul style="list-style-type: none"> <li>● Work with the facility to have a common area with marked physical distanced seating to put on skates or remove skate guards</li> </ul>	√	√	√	√
<ul style="list-style-type: none"> <li>● When local health protocol allows use of dressing rooms, ensure physical distancing between players (using multiple dressing rooms is a good option, if available)</li> </ul>			√	
<ul style="list-style-type: none"> <li>● Encourage participants to minimize their time in or around the facility</li> </ul>	√	√	√	√
<ul style="list-style-type: none"> <li>● Remind players and parents to follow physical distancing guidelines when arriving and departing</li> </ul>	√	√	√	√
Encourage or require participants to register and pay online prior to arriving for any ringette activity; discourage cash transactions.	√	√		
If a player has any cold or flu-like symptoms (runny nose, sore throat, fever, cough) they must advise the team and stay home until symptoms have ended.	√	√	√	√

<ul style="list-style-type: none"> <li>• They may need to be tested for COVID-19 should symptoms match universal symptoms; if positive, follow public health authority requirements</li> </ul>		√	√	√
<ul style="list-style-type: none"> <li>• A coach should be prepared to require that a player exhibiting symptoms must leave the ringette activity</li> </ul>			√	
When coughing or sneezing:				
<ul style="list-style-type: none"> <li>• Cough or sneeze into a tissue or the bend of the arm, not the hand</li> </ul>	√	√	√	√
<ul style="list-style-type: none"> <li>• Dispose of any used tissues as soon as possible in a lined waste basket and wash hands</li> </ul>	√	√	√	√
<ul style="list-style-type: none"> <li>• Avoid touching the eyes, nose or mouth with unwashed hands</li> </ul>	√	√	√	√
If symptoms are identified at the facility, advise team staff immediately and put on a mask. Go home and follow up with a physician.				
Participants identified as vulnerable to COVID-19 should be more cautious and should speak with a physician prior to participating				
Promote strict hand hygiene (washing and sanitizing) before and after training				
<ul style="list-style-type: none"> <li>• Wash hands after using rest rooms with soap and water for at least 20-seconds</li> </ul>	√	√	√	√
<ul style="list-style-type: none"> <li>• Use alcohol-based hand sanitizer containing at least 60% alcohol if soap and water are not available</li> </ul>	√	√	√	√
It is recommended that anyone entering a facility should wear a mask. The mask can be removed during the ringette activity, but physical distancing must still be practiced.				
Monitor public health authority guidelines specific to the wearing of masks				
Players must have their own labelled water bottle, washed after each ringette activity				
Ringette bags should have hand sanitizer containing at least 60% alcohol in them. Players should wash hands frequently – before leaving home, prior to entering the facility and after leaving the facility				
Travel with family to ringette association activities and away events (no carpooling)				
		√		√

Leave ringette bags in the car if arriving early and the dressing room is not available		√		
Teams exiting dressing rooms have up to 20 minutes (this may differ based on facility requirements). Plan arrival to avoid teams entering and exiting the facility at the same time.	√	√	√	√
<ul style="list-style-type: none"> <li>• Limit dressing room use as much as possible</li> </ul>			√	√
<ul style="list-style-type: none"> <li>• Have participants put on their shoes or skate guards so that they can leave quickly</li> </ul>			√	√
<ul style="list-style-type: none"> <li>• Encourage participants to minimize their time in the facility</li> </ul>			√	√
For age groups where parents need to assist with equipment, limit the number of parents in the dressing room/change area to one per player. Entry should be controlled to meet physical distancing requirements			√	√
Have a separate gym bag with clothing for dryland training. If possible, wear dryland clothes under street clothes		√	√	
Wear clothing that minimizes changing in tight spaces				
<ul style="list-style-type: none"> <li>• If dryland training, wear appropriate clothing to the facility. If on-ice, wear all equipment except helmet, gloves and skates which can be put on at the facility</li> </ul>		√	√	√
<ul style="list-style-type: none"> <li>• Shower at home.</li> </ul>		√	√	√
<ul style="list-style-type: none"> <li>• Do not share toiletries of any kind</li> </ul>		√	√	√
During the warm-up, the coach should ensure physical distancing. No sharing of foam rollers or warm up equipment. Warm-up outside where possible.		√	√	√
<ul style="list-style-type: none"> <li>• Players should clean fitness equipment immediately after use</li> </ul>		√	√	√
Absolutely no spitting or open nose blowing in the ringette environment		√	√	√
Follow public health and facility guidelines to minimize the number of parents/spectators that come with the player to the facility.	√	√	√	√
<ul style="list-style-type: none"> <li>• Minimize congregation in the lobby as much as possible.</li> </ul>	√	√	√	√
<ul style="list-style-type: none"> <li>• If old enough, players can reunite with family members at the vehicle.</li> </ul>	√	√	√	√
Minimize going in and out of doors, including the dressing room. Facility doors are considered high risk touchpoints.		√	√	√

<ul style="list-style-type: none"> <li>Team staff should try and control the number of times players enter and exit the dressing room; this avoids hands contacting the handles. Use the elbow to open.</li> </ul>		√	√	√
No sharing of food or drinks		√	√	√
Towels are on the bench under the guidance of the trainer for emergency use		√	√	√
<ul style="list-style-type: none"> <li>Towels are not for regular player use. If a trainer uses a towel on the bench, it must be taken out of use and washed</li> </ul>		√	√	√
<ul style="list-style-type: none"> <li>Paper towels/tissues can be kept on hand to wipe faces or blow noses if on the bench</li> </ul>		√	√	√
<ul style="list-style-type: none"> <li>Garbage cans should be placed close by for disposal</li> </ul>		√	√	√
No handshakes between teams. Officials can greet coaches but no handshakes.		√	√	√
Some equipment should be washed (jerseys, pants, socks, etc.) after each session, following manufacturer guidelines	√	√	√	√
<ul style="list-style-type: none"> <li>Players must ensure that equipment is kept clean</li> </ul>	√	√	√	√
<ul style="list-style-type: none"> <li>Encourage players to take equipment out of bags and dry it out after EVERY session.</li> </ul>	√	√	√	√
<ul style="list-style-type: none"> <li>Wash all undergarments after each session following manufacturer guidelines</li> </ul>	√	√	√	√